

Principals Report

As winter sports start to draw to a close, elite sports stars such as those found in major league football teams have commented on the need for not only physical excellence but also mental toughness. And the lessons learned by sports heroes can also be applied by our students in the classroom. Students can finish the year successfully with the right attitude – combined of course with good work habits.

Commit yourself to achieving your personal best.

Only one team can win but every team member must strive to reach a personal best. You don't need to compare yourself with others. Ask yourself: What am I capable of? What is the-best I can do?

Put in 100% effort.

Our sporting heroes don't sit and dream about winning. They don't just turn up on the day and hope they will win. This success is based on hours and hours of practice and training. Brilliant talent and luck play their part on the day but long term focused effort is the most powerful ingredient of success.

Be Positive.

A negative attitude almost guarantees a negative performance. Yes, there will be setbacks along the way but a positive attitude helps you keep going.

Set yourself short term, simple goals.

This helps you achieve tangible results which you can keep building on and celebrate your success along the way.

Visualize yourself doing something before you attempt it.

Top players visualize the perfect kick, mark, or goal. You can use this technique for your own work. A vivid mental picture of yourself achieving your goal is an effective first step towards success

Concentrate.

Sports stars keep focused on their training whatever their emotions. They don't allow their feelings to get in the way of their goals. That doesn't mean they don't have feelings. It just means they recognize how they feel, have ways to deal with the feelings and carry on with their training program.

As with everything in life you have to work to be successful.

Other issues Parents may wish to reinforce with their children to make school a more enjoyable experience for everyone.

1. Planning for 2010

Year 9 are now involved in course selection for 2010. Important decisions need to be made. You have considerable choice in what you do. Every student has an individual learning plan. You have responsibility to make your unit choices based on your interests and pathway. Select Units that provide a challenge not those that are too easy or too hard. Discuss your choices with parents, A-Team teachers, class teachers. In deciding what to do remember this is YOUR pathway or learning plan not your friends. Make your choices on Your interests and needs.

2. Attendance at A-Teams. A few students not many seem to have not grasped the need to be regular attendees at A-Teams. Your A-Team teacher is your Advocate with the rest of the staff. They are to argue your case and provide support. If you don't attend A-Team the A team teacher cannot be expected to negotiate on your behalf as they won't know anything about you. The A-Team teacher works with you to help you develop your pathway.

3. Schools should reflect Community standards and values.

There are four areas that some students need to work on and improve because they are having a negative effect on the school community: They are:

Lateness to class. Please be on time so that lessons can begin promptly and everyone can make best use of the time available

Lockers are provided as a service to students. Please look after them. There should be no need to hang around locker bays.

Toilets are provided for student use. They are cleaned daily. Please leave them in a clean state for other students to use otherwise you are inconveniencing other students for the day. Another area you should not hang around.

Litter. Please use the bins and help reduce the amount of litter blowing around the yard.

These problems will not be solved without your help. You individually and collectively do make a difference. Help us find solutions to make the Middle Years College an even better place.

Every day over 600 people come into this school community. It's a small area for that many people to be in for over six hours per day. It is therefore not unreasonable for us to have high expectations about standards of behavior especially where they affect the safety or well being of others.

Building Program

The tender process for the construction of the Year 7 Centre at Huon and the refurbishment of Felltimber is almost complete. Once the successful contractor has been appointed a timeline will be put in place for how and when these works will be completed. Parents will be kept informed so that adequate time for planning can be given and all issues addressed prior to the commencement of the 2010 school year.

Vern Hilditch, Principal

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Assistant Principals' Report

Last weeks newsletter covered a new resource available to families. This resource aims to support families and young people manage situations that involve bullying. The Middle Years approach to managing bullying is through the application of Restorative processes. We have included the document that is provided to all families in the enrolment pack at the beginning of the school year. All teachers, Team Leaders and Principals are trained in this process and use the techniques regularly.

RESTORATIVE PRACTICE WHAT IS IT?

At Wodonga Middle Years College we believe that teaching students how to establish and maintain positive social relationships is as much our role as teaching any other curriculum area.

With this in mind the College has adopted the Restorative Practices model as the foundation of our student management.

Restorative Practices emphasises the need for all students to be included in what we do at the school. This Restorative approach empowers students to reflect on their role in the school community. It also places emphasis on the need to repair and re-establish relationships when there is conflict or someone is wronged.

Restorative Practices emphasises accountability and responsibility for making 'good' the harm that has been done. It gives a voice to those who have been hurt and insists that those who have caused harm to others attempt to understand the harm they have done.

Restorative Practice is not an easy fix. It requires all concerned to make an effort but, ultimately, the benefits are that students learn positive social behaviour and skills.

Research has shown that this approach to behaviour management helps to develop well-rounded socially and emotionally competent young people who are accountable for their behaviour and understand that there is nothing they do (or don't do!) which doesn't impact on others in some way.

Restorative practices is a shift in thinking for someone who has never questioned the effectiveness of punishment as a means to changing behaviour, and this shift can be very challenging. For others it is a reassurance of what they have been doing for years.

What happens in a restorative conference or meeting

1. Those involved meet with the staff member or adult who is convening the meeting, initially individually. This enables all participants to give their account of the incident
2. A formal meeting occurs between all parties involved
3. The facilitator or person who is managing the meeting addresses each person in the meeting by asking a range of questions.
4. Questions are asked in a specific order, to the person who has caused the harm and then the person who has been hurt. This process must be followed.
5. Agreements that are reached are discussed and all parties sign the agreement
6. Should agreements be broken the College will apply punitive punishments ie yard duty, detentions, supervised lunch and recess, behaviour checks and suspensions.
7. A copy of the signed agreement is posted to the families of those in the restorative meeting.

If resolutions are not reached or the inappropriate behaviours continue a range of punitive measures will be implemented.

Uniform Committee

A meeting of the Uniform Committee will take place at Felltimber Campus on Tuesday 25th August at 2.30pm.

We welcome any parents who would like to come and participate in any discussion and decision making around the current uniform.

Any students who would also like to attend this meeting need to approach their Team Leaders and let them know of your interest.

Alyson Miller & Richelle Moyle, Assistant Principals

Year 9 News

YEAR 9 CAMP TASMANIA PAYMENT PLAN

- First deposit \$50 due 22/5
- Second payment \$50 Friday 31/7
- Third payment \$100 Friday 14/8
- Fourth payment \$50 Friday 28/8
- Fifth payment \$50 Friday 11/9
- Sixth payment \$100 Friday 25/9
- Seventh payment \$50 Friday 9/10
- Final payment \$66 19/10

Total = \$516

Please make your part payments or full payment to Greg McDonald in the front office at Huon. If you have any questions please call the College on 60579000. Camp dates and the final camp itinerary will be distributed in week 8.

Year 9 to 10 WSSC Course Selection Process

All Year 9 students are currently reading their WSSC course handbooks to select units for 2010. Blue selection forms were distributed in A-Teams on Monday 17th August. Students are required to hand their selections into the Huon front office by Wednesday 26th August. If students require assistance with their selections they can make an appointment with Miss Kennett or speak with their A-Team teacher. Parents can also call the College to obtain advice or assistance with the process.

During week's 4 & 5 all Year 9 students attended the transition visits to the WSSC. Students were shown around the Senior College and were given a talk about the selection process.

Year 9 Huon Student Leadership Team

The Year 9 Student Leadership Team are running a casual day, for **HUON CAMPUS** students on 11th September. The theme is "Sports Fever". Gold coin donation will be collected during A-Team time. Money raised will be put towards buying plants, shrubs and tree's for the Huon College grounds.

- Year 9 Team Leaders Huon Campus

-Joce Kennett and Gary Hodge

*Proudly supports Wodonga Middle Years College
Breakfast Program*



Year 9 Boys Group

Recently as part of our "Strength" program our Year 9 Boys Group visited City Alive boxing and took part in a one hour boxing workout.

The program is designed to equip young males with the strength to stand



and be the best young men they can be, and therefore we thought a session with Guy Moon would test their fortitude. We had a great time and Guy was very impressed by the boys and their attitude...

They were feeling a bit sore for the few days that followed, but had a blast anyway.

-Adam Nicholson, School Chaplain



ArtConnect 9



A fantastic day was had by all Year 9 students who attended the second ArtConnect excursion. Students enjoyed the CBD precinct using their navigation skills, before heading to the IMAX theatre



to watch "Space Station 3D" while feasting on popcorn!

Students sang a rendition of "Wheels on the Bus" on the way.

All students were very well behaved and represented the College superbly.

Thanks to Mr Deegan, Ms Cameron, Ms Crellin, Ms Enever and Mrs Lees for their efforts.

-Jess Kellahan, Felldimmer

What's Happening in My Class



On the 17th of August, Snr Sgt Geoff Nicholls who is a Prosecutor for the Magistrates Court came to Mr Deegan's Histories Mysteries class to talk about the process of forensic evidence and the court system.

First he described what his job was as a prosecutor, and how certain cases are suitable for higher courts.

He also spoke to us about how fast the Magistrate's Court has to run through cases. They have to get through 200 cases a day, and about 200,000 cases a year.

Because we have recently been investigating the Azaria Chamberlain case, we asked him about forensic evidence and how it can be used for prosecution. He believed that if the investigation was opened in recent times, the technology we have now would enable the scientists and investigators to get more accurate results and feedback.

On behalf of our class and Mr Deegan we would like to sincerely thank Snr Sgt Nicholls for taking the time to speak to us and answer our questions.

Else Cox and Kimberlee Craig - Year 9

Sport News

WMYC Shooting Team



On Wednesday 12.08.09, the WMYC Shooting team had another great day on the range, competing against Tallangatta SC, Wodonga SSC, Bright SC and Wodonga Catholic College. The students were great advocates for WMYC, and teams of B-grade students took out first and third places, as well as 'best female' shooter. Congratulations to all participating students!



\$3000 YOUNG WRITERS' PRIZE

Young writers 21 and under across Australia are invited to enter the first Young Calibre Prize, presented by Australian Book Review and Copyright Agency Limited.

The prize is for an outstanding piece of imaginative non-fiction between 1000-3000 words

First prize \$3000

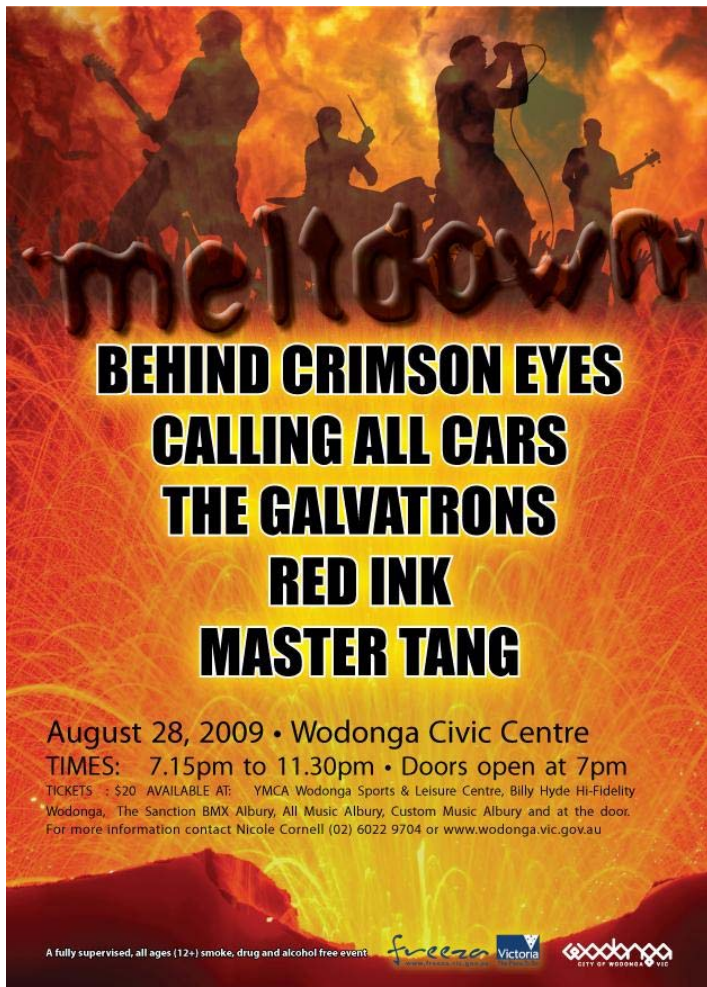
Some suggested subjects:

Original thoughts on any life subject,
Books and writing, Study and education
Art and music, Work and unemployment,
Journeys and travel, Politics and economics,
History and the future, Environmental issues

For further information please contact;

Mrs Sue Manek,
WMY College Librarian





meltdown

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August 28, 2009 • Wodonga Civic Centre
TIMES: 7.15pm to 11.30pm • Doors open at 7pm
TICKETS: \$20 AVAILABLE AT: YMCA Wodonga Sports & Leisure Centre, Billy Hyde Hi-Fidelity Wodonga, The Sanction BMX Albury, All Music Albury, Custom Music Albury and at the door.
 For more information contact Nicole Cornell (02) 6022 9704 or www.wodonga.vic.gov.au

A fully supervised, all ages (12+) smoke, drug and alcohol free event

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River of Stories
Do you enjoy writing?
Are you in years 7-10?

If so, come and be a part of our annual River of Stories writing competition.

Section 1: Short Story

- 1,500 word maximum
- Open theme




Section 2: Poem

- No word limit
- Open theme

Prizes
 The winner of each section will receive \$200 plus \$500 towards their school library. The winning entry from each school will receive a Dymocks book voucher valued at \$50.

Entries close
 Friday 18 September 2009
 Winners will be announced at the River of Stories family Fun Day 12 noon Saturday 17 October 2009, Library Foyer
 Collect entry forms from the WMYC Library

For more information contact:
 Mrs Sue Manek, WMYC Library

Dates to Remember

Dates for 2009	Activity
Friday 18 September	Last day Term 3
Monday 5 October	First day Term 4

Canteen Roster - Felltimber

Monday, August 31	Katrina Dawes
Tuesday, September 1	Dot Wallace
Wednesday, September 2	Help needed
Thursday, September 3	Dot Wallace
Friday, September 4	Marg Quine

Come and try an Action Packed Sport
BMX Racing

Do you want to ride like **KAMAKAZI** Jump like **LUKE MADILL**



Why not get down to the Border BMX track for the **FREE** come and try **BMX** day

All participants in the come and try BMX day will receive a **BMX HAT, DVD, TATTOO, MAGAZINE AND MORE**

To ride you will need to wear long pants, long sleeved shirt, gloves and a full face helmet. (Loan helmets are available.)

VENUE: Border BMX Club
ADDRESS: Silva Drive, Wodonga
DATE: 29th August, 2009
TIME: 2.00pm

For more information contact: 0427 393 379
 Visit: www.bmxaustralia.com.au




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